

## Statement of participation

# Kostas Rammos

has completed the free course including any mandatory tests for:

---

### Training for speed and power in sport and fitness

This free 5-hour course explored speed and power in relation to sport and fitness.

---

**Issue date:** 5 April 2022



**[www.open.edu/openlearn](https://www.open.edu/openlearn)**

This statement does not imply the award of credit points nor the conferment of a University Qualification.  
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

**<https://www.open.edu/openlearn/health-sports-psychology/training-speed-and-power-sport-and-fitness/content-section-0>**

**COURSE CODE: E236\_2**

## Training for speed and power in sport and fitness

<https://www.open.edu/openlearn/health-sports-psychology/training-speed-and-power-sport-and-fitness/content-section-0>

### Course summary

In this course you will explore two aspects of strength and conditioning: speed and power. Strength and conditioning is the physical preparation of athletes and in this course you will explore the physiology of speed before looking at training methods to develop speed. You will also look at power which is a concept closely related to speed.

### Learning outcomes

By completing this course, the learner should be able to:

- explain what is meant by the concepts of speed and power
- understand the physiological principles that underpin speed and power
- apply a range of training techniques for speed and power in practice.

### Completed study

The learner has completed the following:

#### Section 1

What are speed and power?

#### Section 2

Speed

#### Section 3

Power

#### Section 4

End-of-course quiz

#### Section 5

Conclusion